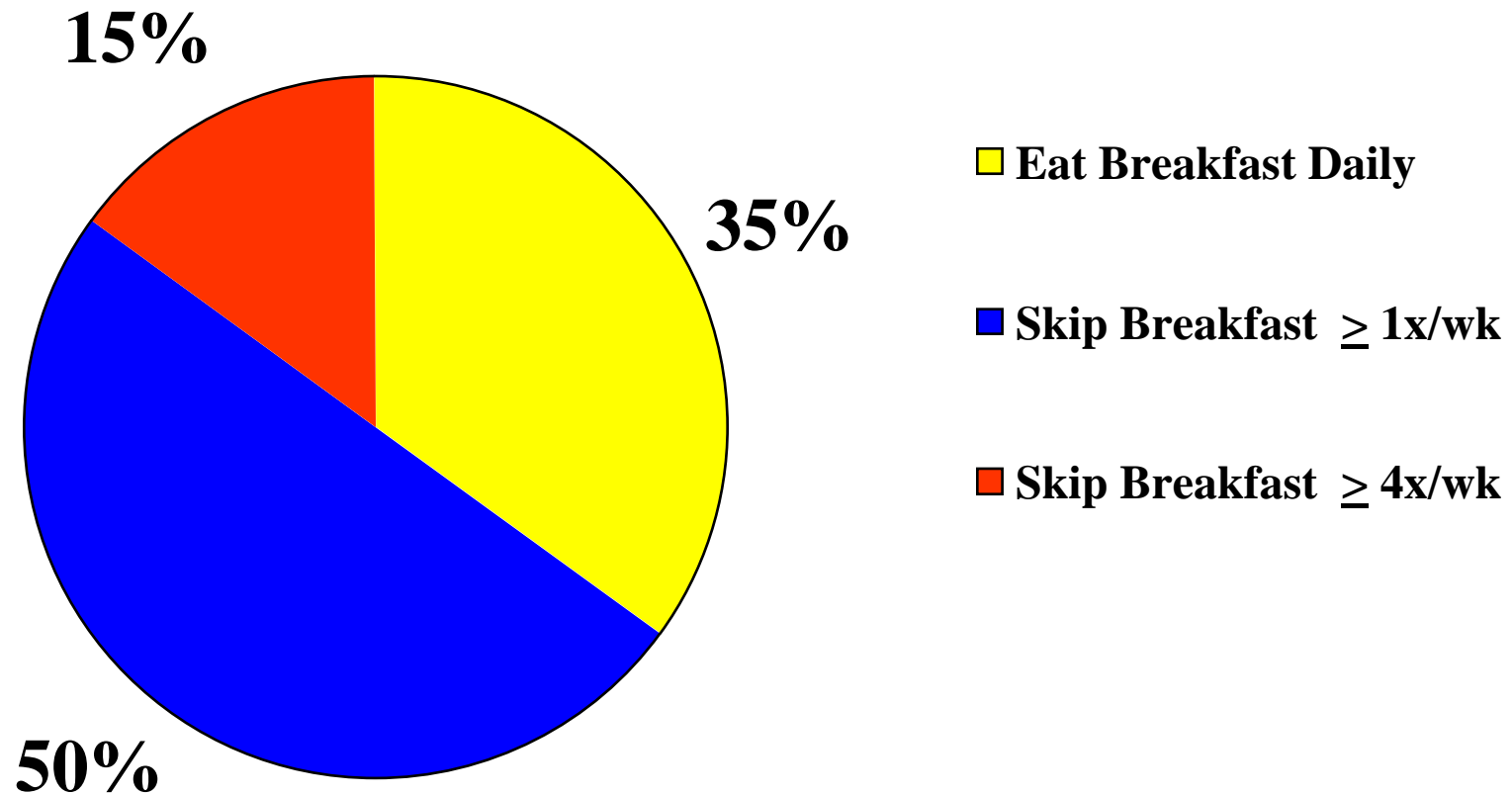


SCHOOL Breakfast

for
first class learning!

9-15 Year Old Students Breakfast Consumption per Week



Reasons for Not Eating Breakfast

- Overslept
- Hectic mornings/lack of time
- Socialize before school
- No School Breakfast Program
- Not hungry first thing in the morning
- Other school-related activities in the morning



Hungry Children Don't Learn



Hungry Children Are:

- Less attentive in class
- Less well-behaved
- More frequently absent and tardy



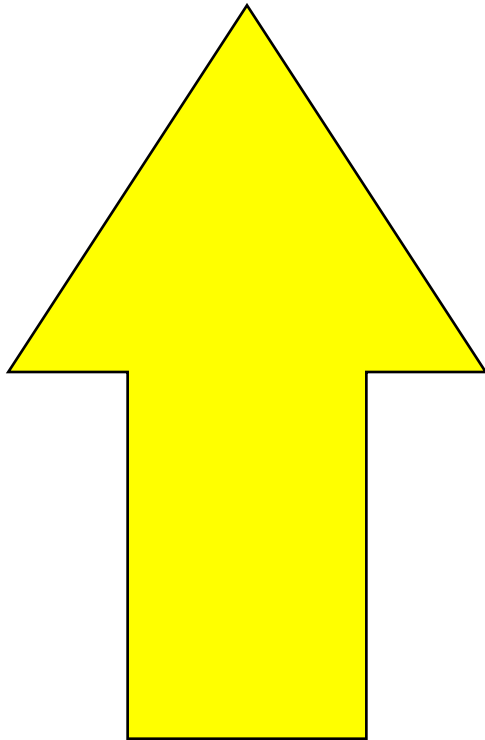
Skipping Breakfast or Inadequate Breakfast = Transient Hunger

Symptoms in Students

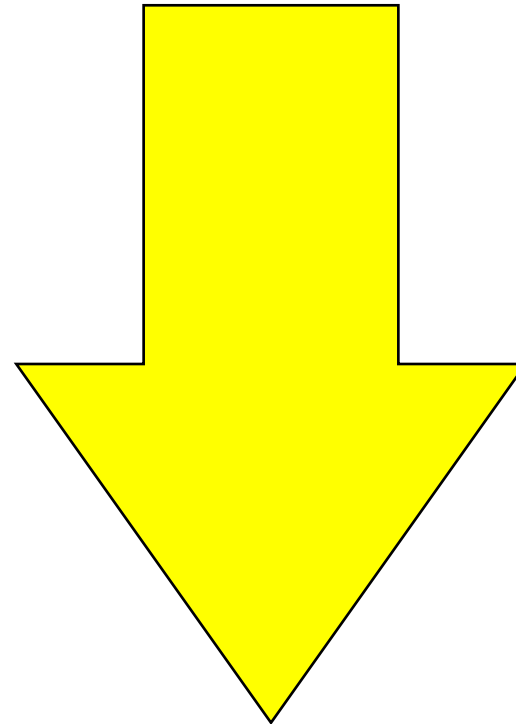
- Stomachaches
- Headaches
- Irritability
- Inability to concentrate
- Behavioral problems

Concentration Suffers

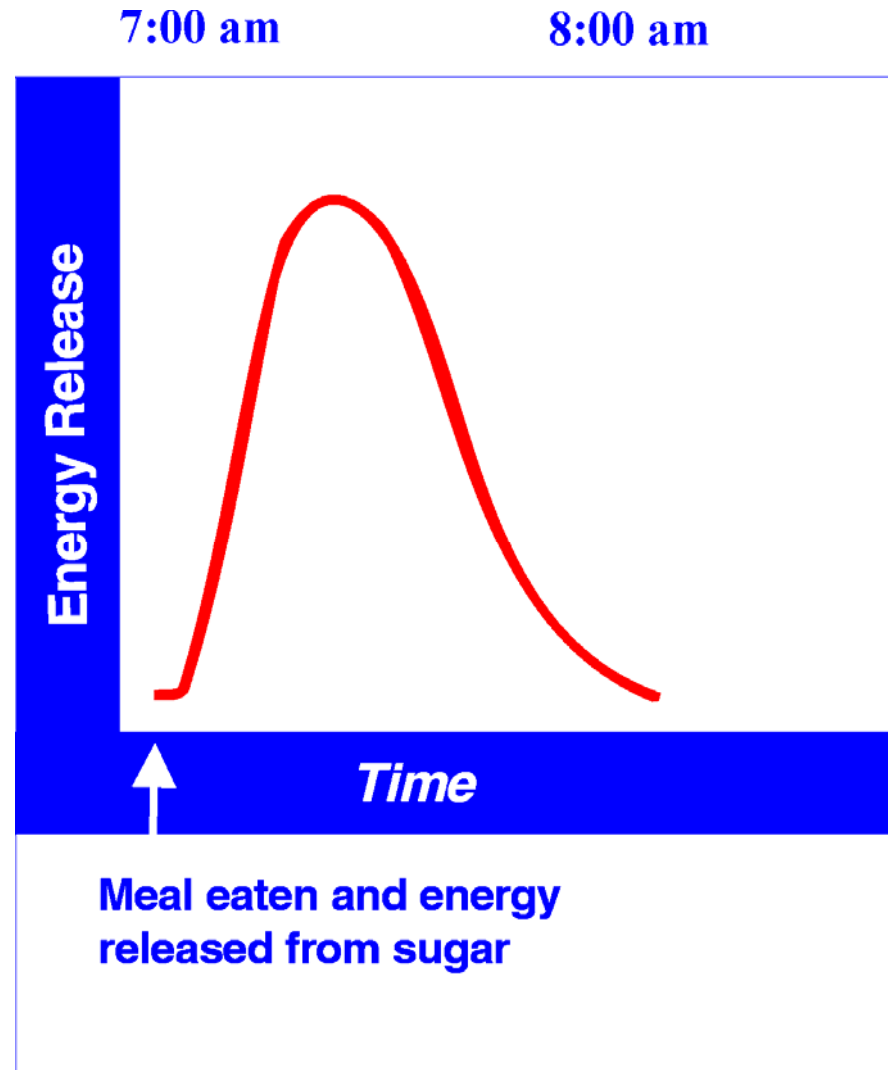
Time between meals



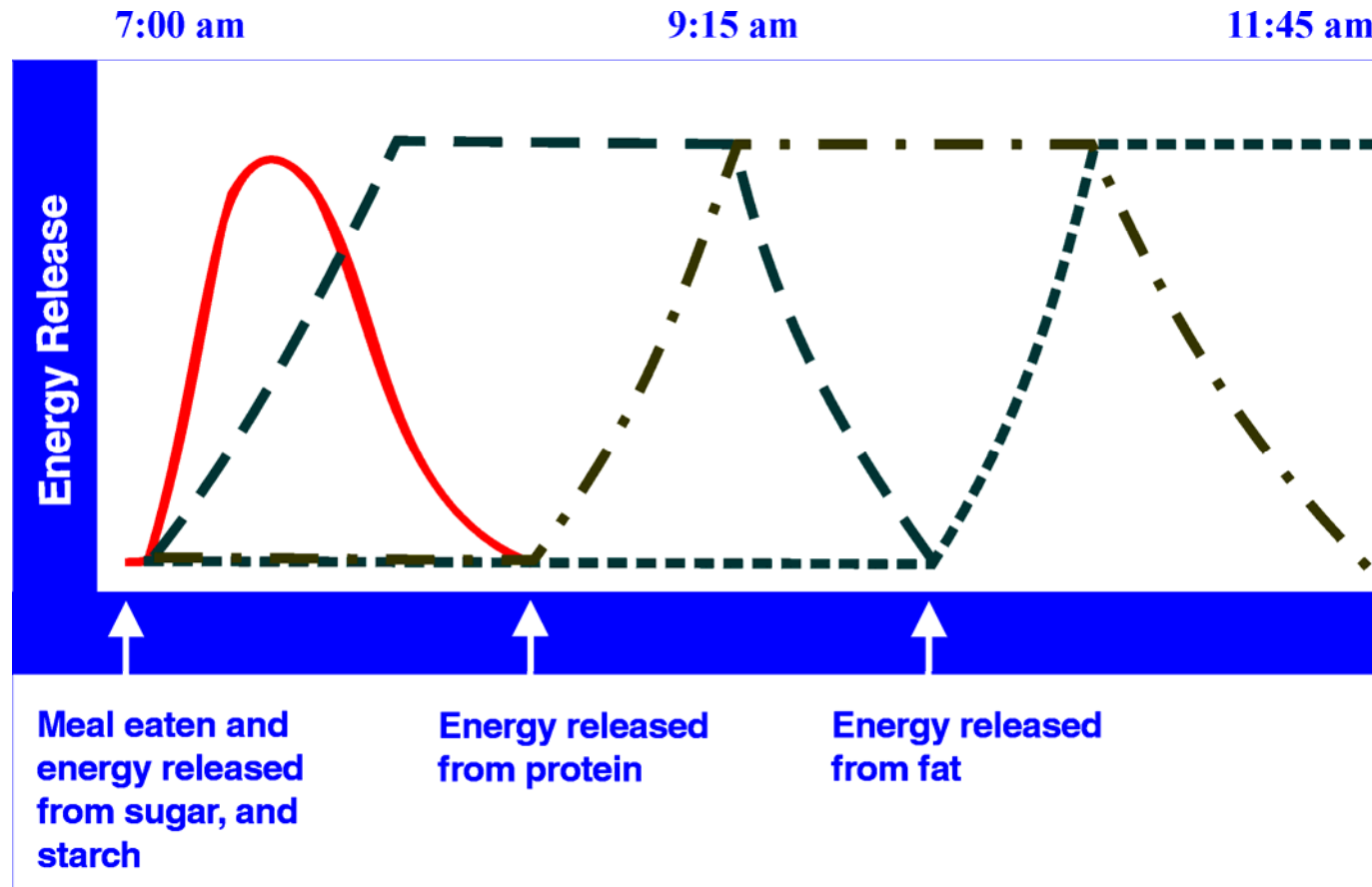
Concentration



Energy Release of Sugary Food



Energy Release of a Balanced Breakfast



Research Supports Breakfast



School Breakfast Program Benefits

- Better overall performance in class
- Children are more alert
- Fewer complaints of stomachaches and headaches/fewer nurse's visits
- Less absenteeism and tardiness

More School Breakfast Program Benefits

- Parents know their children are receiving a nutritious breakfast
- Link between school breakfast participation and higher test scores in reading and math
- Improved daily nutrient intake
- Reduced discipline referrals